

Week Commencing

Balanced and nutritious, freshly prepared school meals. Vegetarian options available on request

12/10/2020
09/11/2020
30/11/2020
04/01/2021
25/01/2021
22/02/2021
15/03/2021
19/04/2021
10/05/2021
07/06/2021
28/06/2021
19/07/2021

Week 1

MONDAY
Pork & Carrot Meatballs in a Freshly made Tomato Sauce Served with Penne Pasta, Broccoli & Sweetcorn
Chocolate or Vanilla Muffin or Fruit Salad
Packed Lunch Option
Cheese or Tuna & Cucumber

TUESDAY
Selection of Fish Served with Garlic & Herb Wedges, Peas & Baked Beans
Cheese & Crackers or Vanilla Ice-cream
Packed Lunch Option
Ham & Tomato or Egg & Cress

WEDNESDAY
Roast Beef with Yorkshire Pudding & Gravy Served with Roast Potatoes & Mash, Carrots & Cauliflower
Cookie or Yoghurt
Packed Lunch Option
Cheese Salad or Coronation Chicken

THURSDAY
Breaded Chicken Breast (with sweet & sour sauce) Served with Noodles, Green Beans & Sweetcorn
Toffee Muffin or Fruit Salad
Packed Lunch Option
Ham or Tuna Mayonnaise & Sliced Red Onion

FRIDAY
Pizza (v) (with a selection of toppings) Served with Chips, Baked Beans & Peas
'Fruity Friday' Jelly
Packed Lunch Option
Cheese or Egg Mayonnaise

19/10/2020
16/11/2020
07/12/2020
11/01/2021
01/02/2021
01/03/2021
22/03/2021
26/04/2021
17/05/2021
14/06/2021
05/07/2021

Week 2

MONDAY
Chicken Tikka Masala (with brown & white rice & naan bread) Served with Carrots & Peas
Cheese & Crackers or Chocolate & Vanilla Mousse
Packed Lunch Option
Cheese or Tuna & Cucumber

TUESDAY
Sausages Served with Chips or Jacket Potato, Baked Beans & Broccoli
Fruit Muffin or Yoghurt
Packed Lunch Option
Ham & Tomato or Egg & Cress

WEDNESDAY
Roast Chicken & Gravy Served with Roast Potatoes & Mash, Carrots & Cabbage
Cookie or Fruit Salad
Packed Lunch Option
Cheese Salad or Coronation Chicken

THURSDAY
Selection of Fish Served with Baby Potatoes, Baked Beans & Peas
Chocolate Cupcake or Yoghurt
Packed Lunch Option
Ham or Tuna Mayonnaise & Sliced Red Onion

FRIDAY
Pizza (with a selection of toppings) Served with Jacket Wedges, Sweetcorn & Green Beans
'Fruity Friday' Jelly
Packed Lunch Option
Cheese or Egg Mayonnaise

05/10/2020
02/11/2020
23/11/2020
14/12/2020
18/01/2021
08/02/2021
08/03/2021
29/03/2021
03/05/2021
24/05/2021
21/06/2021
12/07/2021

Week 3

MONDAY
Beef Burger (served in a bun with a selection of fillings, onion, cheese & ketchup) Served with Sweetcorn & Mixed Salad
Mini Doughnut (with toffee drizzle) or Yoghurt
Packed Lunch Option
Cheese or Tuna & Cucumber

TUESDAY
Selection of Fish Served with Diced Potatoes, Baked Beans & Peas
Vanilla Cupcakes or Fruit Salad
Packed Lunch Option
Ham & Tomato or Egg & Cress

WEDNESDAY
Roast Pork with Apple Sauce & Gravy Served with Roast Potatoes & Mash, Carrots & Broccoli
Cheese & Crackers or Fruit Salad
Packed Lunch Option
Cheese Salad or Coronation Chicken

THURSDAY
Selection of Fish Served with Chips or Rice, Peas & Carrots
Strawberry Mousse or Yoghurt
Packed Lunch Option
Ham or Tuna Mayonnaise & Sliced Red Onion

FRIDAY
Pizza (with a selection of toppings) Served with Jacket Wedges, Baked Beans & Sweetcorn
'Fruity Friday' Jelly
Packed Lunch Option
Cheese or Egg Mayonnaise

Packed Lunch Option Available Daily: Sandwich / tortilla wrap / bread roll, freshly made pudding of the day, piece of fresh fruit, selection of crudities (cucumber and carrot sticks, cherry tomatoes, grapes, apple slices), cheese & crackers or packet of crisps

Also Available Daily: Fruity Friday: A selection of fruit platter, fruit salad, fruit jelly, yoghurt & mango sorbet

Selection of Fish: Will be a combination of - battered pollock, fish cake, fish fingers, pollock bites, bubble crisp pollock fillet.

Food Allergen & Intolerance Information: Before ordering speak to our staff about your requirements. The menu may vary on promotional days.

Free School Meals

School Meals are **FREE** to all children in **Reception, Year 1 and Year 2**. Your child may also be entitled after Year 2. This also provides extra funding to your school. You can register your child for Free School Meals if you receive any of these benefits:

- *Income Support*
- *Income-based Jobseeker's Allowance*
- *Income-related Employment and Support Allowance*
- *Support under Part VI of the Immigration and Asylum Act 1999*
- *The guaranteed element of Pension Credit*
- *Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)*
- *Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit*
- *Universal Credit - if you apply on or after 1 April 2018, your household income must be less than £7,400 a year (after tax and not including any benefits you get)*

To apply for free school meals please visit:

www.gov.uk/apply-free-school-meals.

Shire Services HEAD OFFICE
Shropshire Food Enterprise Centre,
Battlefield Enterprise Park,
Shrewsbury, SY1 3TG.
Tel: 01743 250250

e-mail: shire.services@shropshire.gov.uk
website: www.shropshire.gov.uk/shire.services

We serve balanced and nutritious food.

- ▶ 75% of meals are freshly prepared
- ▶ 50% of produce is locally sourced
- ▶ All eggs are free range
- ▶ All fish used on our menus are Marine Stewardship certified (MSC).
- ▶ We do not add salt to any of our meals.
- ▶ We use Belton organic cheese.
- ▶ Every Friday an assortment of fresh fruit and yoghurt is the only pudding option.
- ▶ All puddings are made using reduced sugar recipes and fresh fruit is available daily.
- ▶ Our menus meet the Food for Life Silver standard.
- ▶ The menu may change to reflect seasonal fruit and vegetables.

Allergens and Special Diets

Details of allergens for each Shire Services' recipe are listed in our allergy guidance packs. Please contact the school to arrange to meet the catering manager to discuss any dietary requirements you have.

Moreton Say CE Primary School Menu

October 2020 - July 2021



You can follow us on Facebook as "Shire Services" and Twitter as 'Shropschoolmeal'

Education catering is our passion

